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THE JERUSALEM POST TRAVELER TODAY

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Jewish National Fund forester Aviram Zuk inspects part of the Katyusha that sparked a northern forest fire yesterday. (Joe Malcolin)

'Beirut must enforce any security deal'

ISRAEL would like the Lebanese army to deploy in villages north of the security zone to enforce any US-brokered deal, senior political sources indicated yesterday. They said a solution must include assurances Hizbullah will not use civilian areas for operational purposes. Meanwhile, Prime Minister Shimon Peres said it would be wrong to view Operation Grapes of Wrath as aiming to eliminate Hizbullah as a force in southern Lebanon. 'We don't want to raise expectations. It's impossible to achieve a solution to all of the problems with this operation,' he said, adding that he preferred any new understandings to be written, not oral as in the past. Despite growing negative public opinion in the Arab world (see story, Page 2), Israeli political sources believe it will be a mistake to end the operation until a US-brokered deal - written or verbal - is reached. They fear that for tactical reasons, Hizbullah might decide to halt its Katyusha attacks, only to resume them after Israel stops its response, which will then be much harder to resume. If Lebanon does not deploy its forces southward, Israel will view itself as having freedom to enforce the deal, the sources said. DAVID MAKOVSKY and news agencies After 1993's Operation Accountability, the Lebanese army was poised to deploy southward, only to have the move vetoed by Syria. Sources said Israel would not like the Syrian army to deploy in southern Lebanon. At yesterday's Arab League meeting in Cairo, Lebanese Foreign Minister Farez Bouez said his country cannot accept the US plan as it currently stands. While visiting Tokyo, President Bill Clinton pledged that the US would make every effort to reestablish a 'workable agreement.' 'I think that clearly... Hizbullah's violating the agreement that had previously been brokered in raising the Katyushas into northern Israel was obviously what provoked this,' he said. Secretary of State Warren Christopher phoned Foreign Ministers Amr Moussa of Egypt, Prince Saud al-Faisal of Saudi Arabia, and Farouk Shara of Syria in a bid to end the fighting. Meanwhile, Gen. Abdelak Kadir, the head of Morocco's national security apparatus, arrived here secretly on Tuesday with a message from King Hassan II urging an end to the violence in Lebanon. French Foreign Minister Hevre de Charette held talks with Foreign Minister Ehud Barak and pressed for a French plan. The exact elements of the plan remain unclear, but Israeli officials insist it is 'essentially the same as the 1993 understandings.' A spokesman for de Charette called the meeting with Barak 'useful but difficult.' Officials said he told Barak that Syria and Lebanon have accepted the plan, and Iran also indicated that it was acceptable. De Charette told reporters in Beirut that his proposals were for a 'written text... giving more force and precision' to the 1993 deal. Israel, however, has made clear privately that it wants the US to serve as the mediator. 'The French would do well to coordinate with the US and adopt Washington's position,' a senior official said last night. De Charette, who left for Cairo yesterday, is to meet Peres today. Meanwhile, Italian Foreign Minister Susanna Agnelli, whose country holds the rotating chairmanship of the European Union, phoned Barak and said that the plan for a Sharm e-Sheikh follow-up conference in Luxembourg on Monday is still on. On Sunday, Barak and Christopher are to meet in Luxembourg. The US and Israel do not expect any movement on diplomat. (Continued on Page 2)

Labor leaders: Armed settlers attacking party activists

ARMED groups of settlers are patrolling the Tel Aviv-Jerusalem highway at night, tearing down Labor posters and physically attacking and threatening party activists, party leaders said yesterday. The issue was raised at a meeting between Prime Minister Shimon Peres and the party's election campaign heads, following an attack on Yoav Doga, aide to Housing Minister Binyamin Ben-Eliezer, and threats on Ben-Eliezer's life. Labor leaders warned against the escalating violence in the campaign, blasting Likud leader Benjamin Netanyahu and his colleagues for silently supporting the incites by not calling them to order. They noted that in addition to the attacks on Labor activists, threats have been made on Peres's life and slogans, such as 'Peres is a murderer,' sprayed on walls, alongside swastikas. Doga was assaulted by a group of men at the Beit Nekofa interchange, after he stopped and got out of his car at 3 a.m. yesterday. 'I saw some 20 bearded men with kippot, all of them carrying guns, surrounding and pushing three Labor activists. They looked like settlers. When I approached them, one who appeared to be their leader, called Ro'i, suddenly grabbed me by the neck. He apparently knew who I was, because he called me by name. He said: 'Yoav, tomorrow morning at French Hill, I will do to Fuad [Ben-Eliezer] what Yigal Amir did to [Yitzhak] Rabin.' Doga said, noting Ro'i repeated the threat. While Doga was engaged by Ro'i, others from the group stole the keys to his car. Then they all took off, leaving him stranded until morning, he said. Doga, who had a cellular telephone, said that he first alerted the security forces, who immediately reinforced Ben-Eliezer's bodyguards, then called the police. Doga reported that in addition to rifles, several of the bearded men carried electric shockers, with which they had assaulted the Labor activists before he arrived. 'We know about the settler gangs roaming the main roads, tearing down our posters, and beating our activists,' campaign media chief Avraham Burg said, adding that in the past few days there has been a flood of right-wing violence. Burg said Labor decided to leave these matters to the police and not to retaliate in the campaign, as long as Operation Grapes of Wrath is in full force. Party secretary-general Nissim Zivli said the increasing violence 'is terrible. It's obvious that things have gotten out of hand. It is not yet clear who is behind the slogans distributed against Peres and the swastikas, only that they leave Likud stickers wherever they go. 'Labor will do everything it can not to stoop to such violence, but we will not let them take over the streets. The Likud leaders don't dare open their mouths against the thugs, afraid of the radical right wing's response.' The Likud this week rejected Ben-Eliezer's proposal to campaign chairman Yitzhak Mordechai to cooperate in preventing violence and ensuring a fair, 'clean' campaign.

Congressman: No US aid unless PLO cancels charter

NEW YORK congressman Eliot Engel threatened Tuesday to hold up US assistance to the Palestinians unless the PLO abrogates its charter calling for Israel's destruction. Also Tuesday, the House passed a bill removing American tariffs from goods produced in the autonomous zones, which was first endorsed last year by President Bill Clinton. The Senate has not yet taken up the measure. The renewed Middle East Peace Facilitation Act, recently passed, already outlaws US assistance to the Palestinians if the PA does not convene the Palestinian National Council to amend the covenant by May 7. The administration is providing \$500 million to the Palestinians over five years as part of an international aid program. Related stories, Page 2

Two wounded in Katyusha attacks

TWO people were lightly wounded and at least three others had to be treated for shock as a result of Katyusha attacks on various parts of the Galilee yesterday. The attacks began shortly after 3 a.m. with a salvo hitting the Upper Galilee, but causing no damage. The next barrage in the same area lightly wounded Yitzhak Ben-Hamo, 40, and damaged a building in Kiryat Shmona. Shortly afterwards, rockets fired at Western Galilee hit a factory, causing extensive damage. One employee was lightly hurt. The attacks continued sporadically throughout the day, hitting mainly open land. In the afternoon, however, a number of rockets fell in Central Galilee and three people, one of them a pregnant woman, were treated for shock. The attacks did not deter a veritable flood of visitors to the region, which coincided with a slow but steady return of residents to their homes, although others are still moving to safer areas. Kiryat Shmona Mayor Prosper Azran said that scores of families had returned to their homes. 'It's also difficult for those who left because after a while the money and fresh clothing runs out and they also miss their homes,' he said. Dozens of Lebanese youngsters from inside the security zone also crossed the border and were taken in organized buses to recreation sites in the center of the country. IDF artillery continued to pound suspected Hizbullah targets north of the zone, although with less intensity than previously. But there was no decrease in LAF strikes, and reports from Lebanon said planes and helicopter gunships struck at dozens of targets. UNIFIL officers reported that two Nepalese soldiers were lightly wounded when a grenade was thrown into their position near Kafra, apparently by Hizbullah gunmen. UNIFIL also lodged a strong protest with the IDF over two incidents in which UN troops were harassed by LAF aircraft while trying to carry out humanitarian projects. Force spokesman Timur Goksel said that in one of the incidents, planes had dropped bombs in front of a clearly-marked two-vehicle UN convoy trying to take essential items to refugees taking shelter in and around UN positions. There were no casualties.

Danish queen cancels visit

LIAT COLLINS COPENHAGEN THE visit to Israel next month by Queen Margrethe II of Denmark has been postponed, apparently because of the situation in Lebanon, Danish sources said last night. A scheduled interview yesterday with Israeli journalists at her palace outside Copenhagen was canceled without explanation just before it was to take place. The journalists had been invited by the Danish Foreign Ministry to preview the visit. Danish sources said the Foreign Ministry ordered the cancellation since the visit 'would not receive the appropriate attention.' A trip to Jordan before Israel was also canceled, the sources said.

Security guard wounded during attack in Tekoa

HERB KEINON A SECURITY guard watching over a tractor working on a new security road in Tekoa was shot in the groin yesterday when his Uzi discharged after he was rushed by Palestinians. He was taken to Hadassah-University Hospital in Jerusalem's Ein Kerem, where his wounds were classified as moderate, and his condition was termed stable. Boaz Goldenberg, spokesman for the Judea and Samaria police district, said the incident occurred when 'dozens' of Palestinians from the nearby village of Taqua tried to disturb the road work. He said the guard shot in the air to disperse the crowd, but was then rushed by someone who tried to grab his weapon. In the ensuing struggle, the gun went off. The IDF clamped a curfew on the area. Bobby Brown, the head of Tekoa, said the road is part of an IDF program to provide better security for settlements. He said this is the first time there has been an incident over the security road, and described the relations between the settlement and Taqua, which has a Palestinian Police presence, as 'peaceful.' According to Brown, 50 to 100 Palestinians were involved, and threw stones at the guard and the tractor-driver.

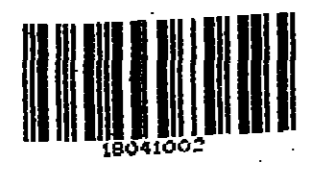
Women soldiers have role in operation

ARIEH O'SULLIVAN OUT on a lonely, miniature air strip in northern Israel. Cpl. Aya keeps her eyes peeled in search of Hizbullah terrorists trying to launch Katyusha rockets at the Galilee. She is one of the few women soldiers who has a hands-on task in the war against Hizbullah terrorists. 'I don't feel like this is a combat position because I am not out in the field, but there is no doubt that this is an operative task,' Aya says. Aya operates the sophisticated camera on pilotless drones flying over south Lebanon, and as far away as Beirut. She is responsible for directing the camera and picking up targets to be relayed back to the air force or artillery. For Aya and the rest of the girls on this base, it has been six hours on, six hours off since Operation Grapes of Wrath began. 'This is certainly a vital job,' the 19-year-old, curly-haired soldier from Ramat Gan says with gusto. 'You need training and expertise. We are seeing the results on the ground.' 'I know of villages in south Lebanon which I photographed and that very evening saw on the news had been bombed,' she says. 'We see the specific target and how they are hit and there is no doubt that this is complete success,' the corporal says. 'It's great pride because we feel we are doing something. Here are the results. That's what we are here for.' The drones, made by the Israel Aircraft Industries, are aloft for about six hours a sortie. They are about the size of an overgrown model plane and are piloted by remote control. For now, they are piloted by male soldiers while the women operate the cameras. The control center was off-limits to reporters, but Aya and other female soldiers view a television screen transmitting live from the drone. They are able to zoom in to very precise targets. Aya says most of the girls feel equal to their male counterparts. 'We are only a few girls here and this is the only task that girls do. It is a real privilege,' she says.

Advertisement for Bezeq telecommunications services. Text: 'Bezeq is with you wherever you go'. Includes illustrations of a man talking on a payphone and a woman with a telephone. Services listed: Payphones, Telecards, Bezeqcard, Telehul, 142 service, automatic collect calls. Contact info: For further information, call free 199 or send a free fax to 198.

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Congressional principles

PRIME Minister Shimon Peres's decision to proceed with the "final status" talks with the PLO, scheduled to start on May 4, is puzzling. Both Yitzhak Rabin and he have stated time and again that the Oslo process will be suspended unless the PLO repeats the clauses in the Palestinian Covenant which call for Israel's demise, and proves that its fight against terrorism is more than a media show.

changes must be formally approved "within two months of the date of inauguration of the Council."
The letter also expresses a specific American concern. Under the Middle East Peace Facilitation Act (MEPFA), "no further US assistance will be provided to the Palestinian Authority and for Palestinian economic development unless the covenant is satisfactorily changed or nullified within two months of the assumption of responsibilities of the Palestinian Council."

Claws for the tigers

EUROPE and the Middle East tend to think of themselves as being the primary areas of interest for the United States, but it has been obvious ever since the Clinton presidency began that this administration at least sees the Pacific Rim and Asia as the primary region of the future.

mies could well be built on a political earthquake zone. Even such a politically insignificant (though morally reprehensible) incident as the trial of US servicemen for the rape of a minor in Okinawa demonstrated how fragile Asian security might be.



Plum ripe for picking

WHEN Lebanese Hizballah chief Hassan Nasrallah threatened recently to spread the terrorist war worldwide, his words were treated as bombastic rhetoric, as wishful thinking.

URI DAN DENNIS EISENBERG
Clearly, the militant section of this swelling fundamentalist movement is gaining self-confidence. A group of Qibla people recently gave moderate Moslem Justice Minister Dullar Omar a none-too-subtle message: They "visited" his residence and warned him to resign - or else.

love lost between them and their white colleagues. As a result, our informant continued, there has been a major breakdown in security, particularly in Johannesburg. The police cannot match the armaments and sophisticated equipment of the gangsters. They don't dare to confront them openly.

Iranians, Libyans and Algerians see South Africa as a fertile seedbed for fundamentalism
ammunition its "fighters" need. On a visit to the sprawling Soweto slum city outside Johannesburg, a writer of this column discovered that a Kalashnikov rifle could be bought for as little as \$50.

Huge benefits could accrue from trade with "the other India" if exporters only tread warily
ONE OF the main things we Israelis have going for us is the tremendous admiration and goodwill many Indians have for Israel.

LETTERS TO THE EDITOR

CLASH AT NEW GATE

Sir - The item report you published on April 1 under the title "Arab scout injured in clash with police," contained a piece of misinformation. I was an eyewitness of what happened.

problem was the traffic. I responded, "The traffic problem was the business of the police and this should have been taken care of so that the traditional parade could have been respected."
Then the clash between the soldiers and the boy scouts began. But I repeat, neither I nor any of the other people who witnessed this saw stones and bottles thrown at the soldiers.

SECURITY LEAKS

Sir - So, the journalists' privacy has been violated! At last, they are getting a taste of the medicine that they hand out to the public.

MACHAL MEMORIAL

Sir - Machal, Volunteers from Abroad who rallied to Israel's defense during the fateful Aliya Bet and War of Independence periods, will gather at a remembrance service on Remembrance Day to honor the memory of 118 fallen comrades.

The service will take place at the World Machal Memorial in the JNF forest on Burma Road at Sha'ar Ha-gai on Tuesday, April 23, at 10:55 a.m., with the participation of delegations from British and European Machal and the AVI (American Veterans of Israel).

Machalniks living in Israel are cordially invited to attend and to join the "bring-your-own-lunch-picnic" which will take place following the service in the Sha'ar Ha-gai picnic area. The AVI Memorial at Harel will be rededicated with a new plaque bearing the names of fallen comrades from the US and Canada at 14:30.

All those who wish to participate in these activities should contact Doreen, Tel: (03) 514-2724, Fax: (03) 620-2621 for detailed information.

ZIPPORAH PORATH (on behalf of the World Machal Committee) Tel Aviv.

PICTURE POSTSCRIPT



Klingon warrior Captain Kramkor sings the Klingon national anthem at the first-ever Klingon Language Camp, sort of an ulpan for self-styled aliens. If none of this means anything to you, perhaps you should be reading the high-brow stuff elsewhere on this page.

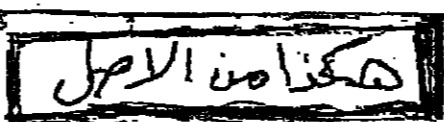
POSTSCRIPT

IN A MOTHERLY show of courage, a Brooklyn cat raced into a burning building to rescue her five kittens, one by one.
And then with her eyes blistered shut and her paws burned, she made a head count of her young ones, touching each one with her nose to make sure they were all safe.

Peace dividend

YOSEF GOELL

FOR most Israelis this past winter India conjured up images of thousands of young Israelis running wild, indulging in unending drugs and sex on the beaches of Goa (though, truth to tell, the hysteria existed largely in the columns of our lurid tabloid press.)
But having returned recently from an exhaustive six-week trip around a good part of India, I was left with some very different images concerning the tremendous potential in the newly developing relationship between our Lilliputian country and that gigantic subcontinent.
Our media have, understandably, accorded vast attention to recent diplomatic breakthroughs in our relations with Oman, Qatar and other Arab Gulf states. And, of course, relations with China are a perennially exotic topic.





Photos by Stephen Trimble

Father and son, Jay and Tim Fisher, tackle Little Falls rapids, a big drop that generates plenty of adrenaline.

A Waterways Legacy: Poling the St. Croix



When not paddling or poling, Tim Fisher had time to catch a nice small mouth bass.

By Stephen Trimble

Universal Press Syndicate

Well before dawn, we push away from shore, slip paddles into the water and turn our canoes downstream.

Flickering silver from a quarter-moon ripples the river surface, a sheen of light to show the occasional V-wave behind rocks. In the velvet darkness we are attuned to small sounds—paddle clunks, current riding over rocks. Gradually, gray light filters through a heavy mist, the stars dim and sunrise begins.

Canoes link us to the history of this continent as no other craft can. American Indians used canoes to navigate 60-foot cedar dugouts in the Northwest to the elegant birchbark canoes of the North Woods. When Europeans pierced the wilderness to capture the fur trade, they did so in canoes. These pioneers remain figures of romance. As we drift silently into this still morning on Maine's St. Croix River, we can imagine ourselves apprentices to any of these.

This is a quiet stretch, which is why our guides, Randy and Issy Cross, scheduled our morning paddle here. The river is thick with mist, "river smoke." He tapes a candle lantern to the stern of his canoe, and we follow this small light as it weaves its way downstream and disappears around a bend. His pipe leaves a trail on the water, scenting the river smoke.

It takes a couple of hours for the sun to break the horizon. We paddle slowly, drifting as much as we stroke. I stop on a marshy shore to photograph as the light begins to color purple, then to peach; birds begin their pre-dawn chorus. When the sun rises, it illuminates the river smoke, silhouetting every boat and slowly burning the mist off. An immature bald eagle perches high on a snag, one of a dozen adults and immatures we see on the St. Croix, Maine's primary breeding area for the species.

We are in Washington County, Maine, where the sun reaches the United States first each day. Quoddy Head, down in Passamaquoddy Bay, is the absolute easternmost point, and this morning's sunrise on the river, a half-degree of longitude to the west, occurred only a few moments later.

Our ease on the river is a newly acquired. Most of us have nostalgic memories of paddling as kids and little experience since. Could we really handle rapids alone? On our first day, when Martin Brown, owner of Sunrise County Canoe Expeditions, assigns most of us full-sized 15- to 17-foot canoes at base camp, he assures us that we can manage them solo.

Still, we are apprehensive, especially the small women without exceptional upper body strength. Randy and Issy reassure us, pointing out that spouses in a tandem canoe often need counseling by the end of the first day on the river.

Canoes have a reputation as being tippy but Martin wants us to forget that. To prove his point, he rocks his canoe wildly, even while standing.

"Two people in a tandem canoe guide a small craft," he says. "One person wears a canoe—like a ski. When you're poling, you have a fine sense of the river. You glide like a water bug. It's mostly technique, not strength."

The neglected art of poling is a technique that harks back to the era of loggers driving rafts of timber down Maine rivers.

"If you did nothing but paddling, you'd be wondering what to do after two years," Randy says. "You've peaked out. With poling, there are limitless possibilities. It takes a lifetime to master."

"When your paddle hits bottom, grab your pole." To pole in shallow water, you stand in the canoe and push yourself down (or up) the river with a 12-foot ash or spruce pole, pushing off the bottom with the tip or "walking" your hands up the pole. To slow, you reach downstream to "stun" your way precisely through a rapid.

Your moves depend on how high you hold the pole, its angle to the boat and your body, where you place the tip on the river bottom, which side of the boat you choose for setting

the pole and how well you read the current, which is always shifting. As soon as you veer more than five degrees away from your line, you lose the chance to correct, and the river turns you sideways.

The St. Croix, a designated Canadian Heritage River, rises in the Chipmuncook Lakes, and for its 95-mile length, forms the border between Maine and New Brunswick. We begin our trip at the last of the lakes, Spednic.

After struggling against a wind that keeps blowing me sideways, I am relieved, but not proud, to finally reach our campsite on Todd's Island. I possess neither the experience nor the strokes to hold my line in a "wind ferry."

The Maine wilderness is the domain of guides like the Crosses—men and women who have grown up with rivers and woods and canoes. Since 1899, the state has licensed guides, today administering a rigorous oral and written test in recreation, hunting, fishing and white-water skills for certification as a master guide.

Canoes are like an extra family vehicle in Maine, with more than one canoe for every four people. Randy began canoeing the St. Croix in 1974 while still in high school. Today, he's a wildlife biologist, keeping track of 60 hours in north-central Maine, but continuing to lead a few river trips each year. Randy admits to owning 10 canoes.

"Actually," Issy confides, "there are more."

The emphasis today is on kayaking and rafting, but open canoes give you an intimacy with rivers that is impossible in a heavy raft. There are no passive passengers; everyone paddles. Also, canoes can be portaged, allowing you to move from drainage to drainage or to bypass unrunnable falls. Maneuverable in shallow rocky streams, canoes can carry larger amounts of bulky gear and make better time on flatwater lakes than white-water kayaks.

Martin laments the image of the canoe as stodgy, a craft for "two fat guys bass-fishing on a lake."

Canoes need not be stodgy, but they are more accessible than rafts or kayaks. Any family with a \$300 used canoe.

Continued on page 4

Running the Colorado River



When rafting down the Colorado River, you can't help but enjoy the spectacular scenery.

By Roberta Sotonoff

It begins slowly. The rafts glide calmly over water that mirrors the stark beauty of the towering canyon. A feeling of tranquility and the sun's rays cover the group like a warm blanket.

The sound of running water is heard in the distance. The noise grows louder as the river currents quicken. Suddenly, the rafts plunge into the white water. This is only a "riffle," however, a small sample of what is to come.

At Badger Creek Rapid, the crafts plummet 15 feet into a wall of 49-degree water. Adrenaline pumps wildly, teeth chatter and everyone shivers in an air temperature of 110 degrees.

That's how it is when you're rafting the Colorado River in the Grand Canyon, you will either be baking from the sun or freezing from the cold water. Some passengers chug beer or take a slug of Yukon Jack whiskey to keep warm. Screams echo down the canyon when running the rapids.

Running the rapids is expected to be even better this season thanks to a conservation undertaking in the canyon. Last month, the flood gates of the Colorado River were opened for one week, redistributing sediment, improving the shoreline and raising the water level seven inches, much to the delight of rafters.

Running the river is a life-changing experience. The isolation and primitive conditions at the bottom of the canyon make it impossible to hide from yourself.

But excitement isn't all rafting the Colorado is all about. There's the serenity John Wesley Powell wrote about when, in the late 19th century, he took two expeditions down the river.

Powell wrote, "The river rolls by us in silent majesty; the quiet of the camp is sweet; our joy is almost ecstasy."

When he explored this body of water, it was a frightening, untamed enemy. The 277-mile stretch between Lake Mead and Lee's Ferry has since been harnessed by the Hoover and Glen Canyon Dams, making it a refuge from the fast pace of civilization as opposed to a rampaging force.

Running the river is a life-changing experience. The isolation and primitive conditions at the bottom of the canyon make it impossible to hide from yourself. Possessions? So few of them fit into the wet bag—a tarp, pad, sleeping bag, a few basics. They certainly will not protect you from the elements.

So it's with great apprehension that 28 strangers and four boatmen board two motorized rafts a Lee's Ferry. Ranging from teenagers to retirees, professionals to a pit boss from the Trump Taj Mahal, they embark on a 188-mile odyssey through the Glen, Marble and Grand Canyons. All quickly bound to share a great adventure.

But these experiences are quite different from home. The food is tasty, but the conditions are always the same—salt, pepper and sand.

Then there's the bathroom facilities—one morning, while trying to shave, a trout swims up to my husband's razor. A portable toilet is set up in the camp area.

Every evening, there's creative entertainment, like our improvised disco. One of the boatmen twirls a flashlight above his head while many of us rock to a "Dirty Dancing" tape. The sound system is a small Walkman with speakers attached to it.

The boatmen also share their knowledge

of history, geology as well as flora and fauna of the area. They love us with river tales and jokes. But there is not joking when the safety of the group is involved. Before running a large rapid, our lead pilot, Mike, gets out of the raft to study the flow and water level. Resembling a proud Indian chief tending his tribe, he guides us through the most treacherous waters.

One soon develops a feeling of reverence toward the raw beauty of the canyon. The passage of the 1.7 billion years that it took to create this masterpiece is difficult to comprehend. Changing formations of the shale, granite, schists, limestone and sandstone coquettishly mask the enormous turbulence and force of climatic changes, volcanic activity, erosion and the tremendous heat and pressure from the earth's core that produced this natural wonder. It is humbling.

But it is also fun. For about five hours a day we run the river. The rest of the time is spent hiking, rock climbing, fording thigh-high streams, and jumping into waterfalls. In caves that the Anasazi Indians once inhabited, rafters play volleyball and horseshoes. Indians had occupied the canyon for more than 4,000 years, beginning with the extinct Desert Culture Indians. They were preceded by the ancient Cohonina and the Anasazi—the forerunners of the Hopi and Pueblo tribes.

Like these primitive tribes, we trek to the Little Colorado River. Only we go tubing. Wearing our life preservers upside down, twenty-four of us join together to make a tubing train.

Every adventure brings more camaraderie. But, though everyone makes an effort, there is still a lone in the group. This hapless man never seems to get anything right. He accidentally moons the other raft at a pit stop: making a point to be first in line for lunch, he drops his overloaded plate on the sand.

One day he painstakingly spends two hours putting up a tent. It collapses within 10 minutes.

I wonder if I could do better. I don't do tents. I prefer Hyatts. Every afternoon at the new campsite, I search for the 5-star plot of sand that will be our suite for the evening. Like many hotel chains, all the rooms are similar. In this case, the walls are the canyon, and the ceiling, the stars. Lying in my sleeping bag waiting for sleep to come, I count constellations instead of sheep.

As dawn breaks, the moon and the first rays of light shyly creep over the rock formations. Then, the sun bursts boldly over the gorge, spilling out its rays and painting the canyon with glorious hues. Birds sing their morning songs as the rush of the river plays in the background. Packing up our rooms and loading the rafts after breakfast, another day begins.

It goes by all too quickly. There is a toga party on the last night. While everyone enjoys the party, they feel morose at the prospect of leaving new friends the next morning.

The noisy sound of a helicopter breaks through the calm, signaling our departure. With spectacular flair, the chopper makes its perpendicular rise from the canyon floor. From its window, the depth and grandeur of the abyss are even more overwhelming.

The craft takes us to the Bar 10 Ranch to shower, use flush toilets and do some souvenir shopping. Until now, my only souvenir is sand. I have collected enough to make a beach in my laundry room.

At home, the words of a fellow rafter reverberate in my head.

"If I would have died last week," he said, "they would have probably written on my tombstone, 'He never lived,' now at least everyone will have to say, 'He made a beginning.'"

Roberta Sotonoff is a Chicago-based freelance writer.

BAY KAYAKING

The Inns of Monterey in California, including Hotel Pacific, Monterey Bay Inn, Spindrift Inn and the Victorian Inn, are offering a special package through April 30. Other packages are also available.

The package includes one-night accommodations, two adult tickets for kayaking (including all equipment) and continental breakfast. Kayaking on the quiet bay is easy to learn and no experience is necessary.

Rates range from \$129 for a room with a fireplace at the Victorian Inn to \$199 for a Cannery Row-view room with fireplace at the Spindrift Inn. These rates are valid Sunday through Thursday. FYI: Inns of Monterey, (001) 408/373-8000.

FLY-FISHING

Learn the fine points of fly-fishing at The Ailsa Guest Ranch and Resort's Fly-Fishing Schools. Students will receive instruction on fly casting,

knots, tackle and fish behavior at the resort's private lake on a former Spanish land grant in Solvang, Calif. Fly rods and equipment are provided.

Rates start at \$1,499 per couple, including accommodations, all meals, three days of fly-fishing instruction, unlimited fishing, fly box and flies. Guests can also take advantage of the resort's golf, tennis, horseback riding, swimming and lake activities.

The Ailsa is located 35 miles northwest of Santa Barbara in the Santa Ynez Valley.

FYI: The Ailsa Guest Ranch and Resort, 1054 Ailsa Road, Solvang, California 93463; (001) 805/866-6411.

ELDER ADVENTURERS

Canada-based ElderTreks designs itineraries for travelers over 50 that will make younger adventurers wish they were older. One example is their upcoming tour to two little-visited regions of China: remote Yunnan in the southwest and Tibet.

Participants can choose to travel to one or both regions. A 15-day trip explores the rugged mountains and gorges of Yunnan, where hikes and visits to tribal communities are on the itinerary.

The 12-day journey to Tibet reveals the beauty of the region's arid plains and snowcapped mountains. Highlights include tours of remote monasteries and the palaces of the former Dalai Lamas. The tour winds up in the Himalayan city of Kathmandu, Nepal.

The land cost of the entire 26-day tour is \$3,900 per person, including accommodations, meals and transportation within China. The Yunnan-only tour is \$2,150; the Tibet-only portion is \$1,895. Departures are scheduled for April 30 and October 8.

FYI: ElderTreks, 597 Markham Street, Toronto, Ontario, Canada M6G 2L7; (001) 416/588-5000.

APPALACHIAN SPRING

Immerse yourself in the traditional charms of Southern Appalachia with the National Trust for

Historic Preservation's nine-day journey, departing May 10.

Traveling through the highlands bordering the Blue Ridge Parkway in east Tennessee and western North Carolina, participants will hear old-time mountain music, harp singers and storytellers. Visiting Great Smoky Mountains National Park, they'll see traces of Indian and pioneer culture. They'll visit the Museum of Appalachia to see the lives of mountaineers and tour the 250-room Biltmore Estate of the Vanderbilt family.

Land cost is \$2,995 per person, double occupancy, including accommodations at award-winning inns, portage, entries to all attractions, 22 meals, airport transfers and motor coach transportation.

FYI: National Trust for Historic Preservation, (001) 202/573-4138, or Learned Journeys, (001) 805/682-6191, fax (001) 805/682-4154.

Travel Tips is compiled by Alison Ashton, Copley News Service.

Jerusalem 1996

iver Rapids



Photo by Louis Sotomoff



Photo by Roberta Sotomoff

The sound of running water is heard in the distance. The noise grows louder as the river currents quicken. Suddenly, the rafts plunge into the whitewater. This is only a "riffle," however, a small sample of what is to come.



Photo by Louis Sotomoff

Water Sports Guide:

• Colorado River motorized or oar powered raft trips are done by several qualified outfitters. Prices range from about \$550 to about \$1,800 depending on the length of the trip and inclusions. Most trips originate at Page, Arizona, and launch at Lees Ferry though some traverse from Phantom Ranch to the Bar 10 Ranch or Lake Meade. We used ARA Wilderness Adventures (001) 520/845-3296 and would certainly choose them again. ARA hires a charter flies rafters from the Bar 10 Ranch either to Las Vegas or back to Page.

• St. Croix International Waterway Commission, Box 610, Calais, Maine 04819 (001) 506/466-7550. This is a contact for maps and further information on recreation facilities. The Commission collaborates on river management in novel ways with a unique array of interests: one state, one provincial, and two federal governments; private owners, the largest being Georgia-Pacific; and a variety of user groups, including the outfitters below:

—American Canoe Association, Suite B-226, 7432 Alban Station Boulevard, Springfield, Virginia 22150; (001) 703/451-0141. The umbrella organization for the sport.

—American Rivers, Suite 400, 801 Pennsylvania Avenue Southeast, Washington, D.C. 20003; (001) 202/547-8900. A major force in river conservation.

—Blackfeather, 1960 Scott Street, Ottawa, Ontario K1Z8L8; (001) 613/722-9717; fax (001) 613/722-0245. A Canadian outfitter.

—Mahoosuc Guide Service, Bear River Road, Newry, Maine 04261; (001) 207/824-2073. Polly Mahoney and Kevin Slater run canoe and dog sledding trips; they use traditional equipment like wooden canoes and specialize in cross-cultural Canadian trips with Cree Indian guides.

—National Association of Canoe Livers and Outfitters (NACLO)/Professional Paddle Sports Association, P.O. Box 248, Butler, Kentucky 41006; (001) 606/472-2205; fax (001) 606/472-2030. A contact for outfitters in other parts of the country.

—North Woods Ways, Rural Route 2 Box 159A, Willimantic, Guilford, Maine 04443; (001) 207/997-3723. Ultra-traditionalists Garrett and Alexandra Conover use hand-made wood and canvas canoes and run winter expeditions as well as river trips.

—Sunrise County Canoe Expeditions, Cathance Lake, Grove Post, Maine 04657; (001) 207/454-7708. Trips range from the Rio Grande in March, to the Canadian Arctic and Iceland in summer, to the St. Croix at the height of autumn color. The St. Croix is the company's home river, with trips scheduled from Memorial Day to mid-October. A six-day St. Croix trip runs \$689 per person; shorter trips begin at \$495.

—Wilds of Maine Guide Service, 2 Abby Lane, Yarmouth, Maine 04096; (001) 207/846-9735. Mike Patterson runs major rivers in Maine and some farther afield. He also offers poling workshops.

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St. Croix From page 1

inexpensive paddles and a few duffels, coolers, sleeping bags and life jackets can push off into the current and float away on a wilderness river, taking children too small to hike.

At 9 or 10 years old, children can begin to contribute seriously to bow paddling. Adults do most of the work while the kids still feel they are helping. Issy, an assistant high school principal in her non-river life, says canoeing "builds confidence and better self-esteem."

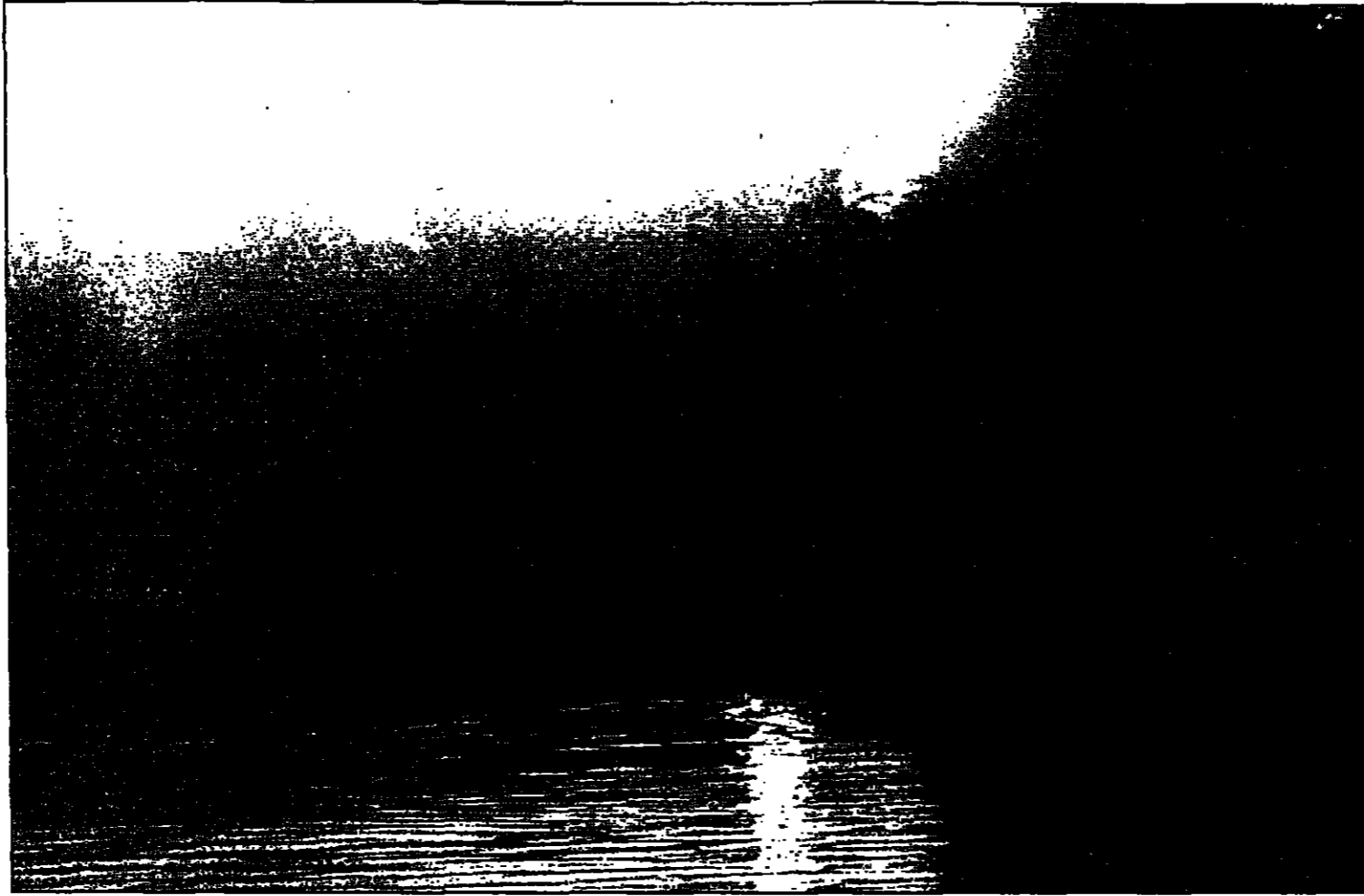
"People were doing similar things with poles and paddles 150 years ago," Randy says. "Canoes are the one craft that really takes you back."

All the Maine guides we encountered favor river "costumes" that emphasize nostalgic traditions—wool, felt and plaid, faded dirt-browns and dusty-greens, the colors of the forest. We had been instructed to outfit ourselves from head to foot in wool or quick-drying, warm-when-wet polypropylene fleece. As it turned out, good weather during the late August days kept us mostly in shorts and T-shirts.

During that first night, we hear loons on the lake: a tree falls in the dark of the island forest. In the morning, a squirrel's chatter wakes us—a furry alarm clock perched on a stump 15 feet from the tent door.

The sun breaks through the steely morning mist as we watch Randy and Issy and their camp helper cook a breakfast of "river toast," two-layered French toast with cream cheese in the middle. Blue-gray lines of distant woods turn to green, the forest's true color; it's almost as if the sunlight is green. We won't see an overcast day again.

A gentle current helps carry us across Spednic Lake in Vanceboro, where we divide into crews of six to carry the loaded canoes one by one up a bank and around a dam that controls the river downstream. Because this dam and the large headwater lakes allow



Modern-day voyagers pole silently over the St. Croix River while a rising sun burns away "river smoke."

Photo by Stephen Trimble

The emphasis today is on kayaking and rafting, but open canoes give you an intimacy with rivers that is impossible in a heavy raft.

for a continuous moderate water level, canoeists can paddle the St. Croix through October when most other regional rivers are dry.

When we push off into the St. Croix below the dam, we paddle our first white water. Kill-Me-Quick Raps. The St. Croix is a dream river for a beginner's canoe clinic, a sampler—starting with the lake, moving on to smaller, then increasingly larger rapids, with plenty of shallows for poling and stretches of flatwater

and meadows for contemplation.

"It's lively without being intimidating," Martin says. The guides select camps for their sunrise and sunset views. At English Cove, the early-risers are up before 6 a.m. At breakfast, I still am giddy with memories of the orange fire of the rising sun burning away the mist.

On our leisurely schedule, we often have time for one of Randy's nature walks. The kids in the two families on our trip delight in learning that a double whorl of leaves on Indian cucumber root indicates an extra-tasty and tasty root. They also discover the sticky, piney delight of chewing spruce gum.

Once on the river, we practice our strokes. Every adult in our crew is paddling solo, except for those with children in the bow, and we gain an exhilarating sense of self-reliance.

On the third morning, Randy gathers us in an eddy for our first, sobering poling lesson. The challenge of the technique is evident as we stand to practice, timidly and inefficiently flailing and spinning. Randy reminds us to watch our angle: "You have to react; be like a fish!" Even Issy cannot match his mastery.

At Little Falls, we kneel to paddle, for extra power and stability. This is our first big rapid, a drop that generates plenty of adrenaline. After scouting the drop, each of us enters the current with care, but the canoes fulfill their promises of stability, and we thrill to the sense of control. Waiting for our turns, we cheer the good runs and the bad, and pass cameras around to record our passages.

With our modern Kevlar and ABS foam canoes we paddle right over the rocky ledges into the waves below, leaving streaks of green and red paint here and there on the rocks.

We disappear into river time, living for the moment. Rapids come and go, and our canoes glide through quiet stretches. When thirsty, we simply dip a cup into the crystalline river and drink. We pole the shallows and take turns photographing each other as we run the bigger rips, like Little Falls, Haycock and Canoose.

The winding river preserves our sense of privacy, of near-wilderness, though the land is mostly owned by a logging company. Maine and New Brunswick require Georgia-Pacific to leave an uncut "beauty strip" of old-growth woods—spruce and fir, hemlock

and cedar—along the river corridor.

The kids fish, hoping for salmon (a coldwater catch unlikely this late in the summer) and hooking many smallmouth bass, releasing all but one 12-inch-er. Tim, the youngest at eight, catches frogs.

River left is Canada, river right is the United States, but we don't always remember we are on an international boundary. The river becomes our world, and such distinctions seem arbitrary.

One night each member of our party tells what they will remember from the St. Croix. Luke, a 14-year-old from New Hampshire, is the most articulate: "It's the extreme beauty of the river. The current is like the wind on your body. You and the river are one."

"A high mountain peak will take your breath away; looking down Little Falls will take two breaths away."

Below Dog Falls, we pull in to an overgrown campsite that hasn't been used for years. Randy and Issy announce a contest to name the camp as we work to "bush out" the site to clear the brush and branches enough to make room for sleeping bags and kitchen gear. The results of our vote honor my wife and me: Utah Point. Not many St. Croix paddlers come from

so far away.

For most, this is a four-day trip, an extended weekend from Boston.

"The fact that the river is at least one full day from any population center keeps it from being ruined," Martin says.

This is our last campsite. We eat an early dinner, load the canoes and lie down in our sleeping bags, tentless under hemlocks and stars. Tomorrow is the morning paddle we have been hearing about since the first of our six days on the river.

Roused at 3:45, we eat a quick snack and, bleary-eyed, stumble into our boats with mugs of coffee, wearing several layers of polypropylene.

After more than five hours on the river, we stop for breakfast at 9:30 at the mouth of Hidden Passage. Exhausted, Suzy sleeps in the sun while her boys, Tim and Chris, roughhouse through lovely glens in the sunlit woods. Randy uses up much of the remaining food in what he calls "kitchen-sink pancakes." They are as heavy as lead, which we all acknowledge before devouring them with gusto.

Hidden Passage gives us one last chance to practice our poling—a little stream across Egg Point that takes us on a tortuous half-mile journey through shallows and around downed trees. We feel transported to Cajun swamp country, Southern bastion of poling. Halfway through, we must sit and paddle simply to avoid being knocked over by low-hanging branches. "Small-stream navigation" is Randy's somewhat overblown description of the interlude.

Emerging onto flat water at Grand Falls Flowage, I realize I've come a long way from my frustrating fight with the wind and current on Spednic Lake that first day. The women concerned about paddling solo at the beginning of the trip are grinning.

This last morning, I watch as Randy leaves his mark at our breakfast stop. Each time he takes leave of a St. Croix River campsite, he crosses two pieces of split kindling in the stone fireplace and decorates them with a bundle of wildflowers or dried grasses. With this unlikely calling card, the registered Maine master guide takes full responsibility for the condition of the camp: "Randy Cross was here."

He does this quietly. I did not even notice until the third morning of our trip. With his mark he says much about how to take care of this river. Guiding a St. Croix trip "is like going home," he says.

In this crowded world, we share ownership of all the remaining wild places just as we share the romantic legacy of canoeing. The St. Croix, like every river, is our lifeblood.

For more information on Waterways Trips, see page 3.

Stephen Trimble's books include The People: Indians of the American Southwest (School of American Research Press, Santa Fe, 1993), The Geography of Childhood: Why Children Need Wild Places (Beacon Press, 1994), and Earthtones: A Nevada Album (University of Nevada Press, 1995).

WOMEN ROUGH IT IN CANOES

By Kathi Diamant
Copley News Service

Never seen anything like it, said a grizzled, white-haired man, scratching his chin. Eighteen women had just unloaded nine canoes into the Churchill River at Missinipe in northern Saskatchewan. He watched in amazement as we put on our gear and life preservers. "I don't like canoes. Too unsteady," he offered. "This sure is a unique event. Never seen a bunch of women go out there alone."

If You Go
Women's canoe trips: Scheduled for women only are two trips: July 26-29, with a massage therapy/music theme for \$325, and August 21-25, with a wildlife, ecology and nature focus for \$405. Cost includes meals, instruction/guiding and canoe-camping equipment.
Getting there: CanoeSki Discovery Co. provides round-trip transportation to Lac La Ronge Provincial Park from Saskatoon. Air Canada and Northwest Airlines offer daily service to Saskatoon from several major U.S. and Canadian cities.
What to bring: CanoeSki provides tents, pads and waterproof canoe packs and a detailed list of what to bring upon registration. The tents are compact, so you'll want to pack lightly.
For more information: Contact Cliff Speer, CanoeSki Discovery Co., 1615 Ninth Ave. N., Saskatoon, Saskatchewan, Canada S7K 3A1; (001) 306/653-55693. CanoeSki also offers a wide range of summer canoe programs for families, individuals and youth groups.

thunder rumbled up ahead. Bravely, we paddled on. We were the first all-women canoe expedition organized by CanoeSki Discovery Co. The fully licensed and insured ecoadventure tour company has been guiding, outfitting and instructing wilderness-oriented programs in the Churchill River area since 1989. Owner Cliff Speer, a former schoolteacher and certified instructor, did not expect the response to his first women-only canoe challenge. "I thought we'd have four or five participants, maybe," Speer admits. "But we filled up nine canoes quickly, and there were seven women standing by on the waiting list."

The first four-day "Women's Challenge" canoe expedition promised a total immersion into the natural rhythms of Saskatchewan's newest Canadian Heritage River, the Churchill. We would learn to paddle, portage, navigate by map and compass. We would help with camp cooking and learn environmental ethics. We would retrace the historic (and mostly unchanged) routes of the legendary voyageurs of the 17th century and ancient indigenous travelers. The all-women canoe expedition represented another major "first" for Speer. It would be the first trip he did not personally guide: "I had to give up control. It made me very nervous, but I knew Sarah Lee could do the job."

His faith was well-placed. Sarah Lee, 27, our fearless leader with an unlikely name for a Canadian Outward Bound Wilderness School instructor, was enormously calm and capable. Lee did everything, from pitching tents to baking apple crisp cake in the camp oven (which she constructed from birch logs) to teaching basic canoe techniques. Lee didn't work alone. In addition to Deb, the

helpful co-leader, CanoeSki Discovery Co. staff included musician-chef Nissa, a 19-year-old Wunderkind who supervised Speer's very tasty recipes and then entertained us around the campfire after dinner. A lovely addition to the trip was Catherine, a professional massage therapist, who put her magic to work on aching shoulders, tired arms and stiff necks at the end of each day.

Canoe instruction and wilderness safety briefings took place at Wadin Bay on the first day. We were to keep the baggie-encased maps of our route and the safety whistles with us at all times. Two short whistle blasts for attention; one long blast for "Help!" Dangers included, but were not limited to possible but improbable black bear encounters, canoe capsizes and getting lost.

Most of us were novices. Those who had canoed before had done so with husbands. Canoeing with men, I was informed, is different from canoeing with women.

"Men tend to overcompensate for the women," our leader agreed. "Men generally sit in the stern and do the steering. They carry the canoe during portages. Men usually gather the firewood, pitch the tent, do the heavy work on a trip like this."

The reality of traveling without men was daunting to many of the women, who ranged in age from early 20s to mid-50s. The paddling distance was more than 25 miles with three portages. Portages are the overland transportation of the 60- to 80-pound canoes to avoid rough waters and/or rapids. During portages, canoes are carried upside down, balanced on the shoulders and head of one person.

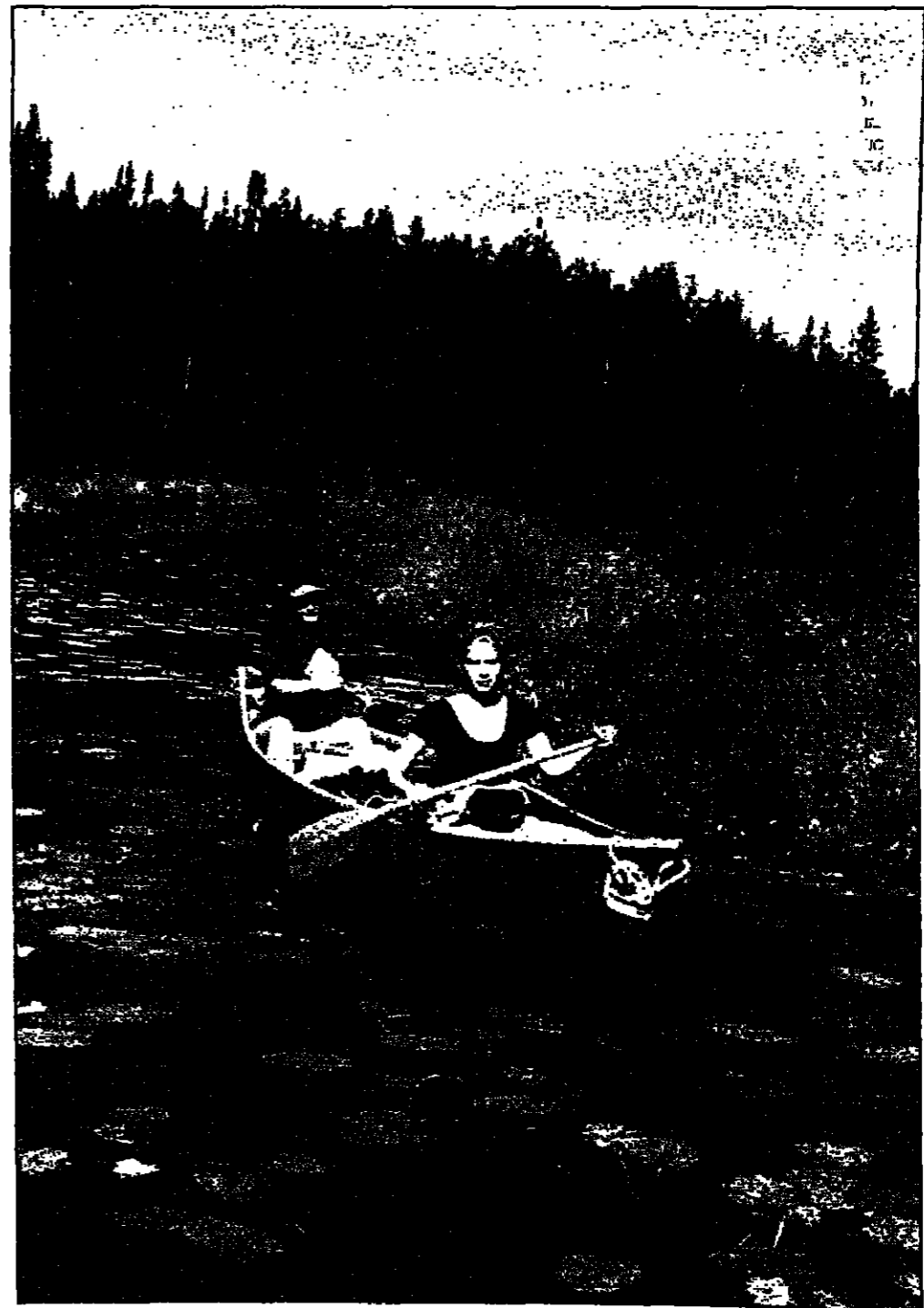
There were no telephones. Camping was primitive. We were on our own. We did get rained on. It was the end of August, but the nights were cold. The wind howled and the loons cried eerily at night.

But the sun shone through the clouds every day. On the second day, after setting up camp on a tiny, mossy island, we saw a double rainbow amid a spectacular sunset.

Our "J" stroke improved as all of us got a shot at steering. We got stronger and more sure of ourselves.

The old man wasn't there waiting for us when we returned to Missinipe. Too bad. He would have seen 18 women, tired but triumphant, lift canoes back onto the trailer rack and talk about what the experience had meant to them.

We felt exhilaration at the pristine beauty of the



The first all-women canoe expedition, organized by CanoeSki Discover Company of the Canadian province of Saskatchewan, filled up nine canoes.

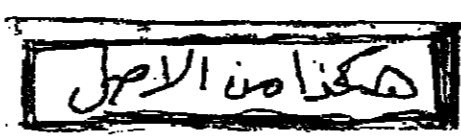
Photo by Kathi Diamant

river and the successful accomplishment of the physical challenge. One of the women, a physician and mother of five, was very proud of herself—especially since she'd been thinking of bowing out of the trip after the first night in Wadin Bay. Another participant, a nurse from Colorado, was surprised to discover that she was stronger than she thought.

"I was able to forget about work and home and

responsibilities," she said during the long drive back to Saskatoon. "Concentrating on survival, I got to live in the moment, close to the elements, responding to nature. It truly was a genuine physical and spiritual renewal."

Kathi Diamant is a freelance travel writer.



April 18, 1996
Peace dividend
SEE GOELL

Unlearning prejudice makes all the difference

EVERYONE is prejudiced. That's one of the basic assumptions of A World of Difference, the Anti-Defamation League's American program to teach tolerance.

Another assumption is that no one is born prejudiced. What was learned can be unlearned. And now the ADL has brought its program here to share with Israelis what it has spent the last 10 years teaching Americans: how to get along with each other.

"This country has been remarkably tolerant in the face of the most horrendous terrorist attacks, security threats, and general instability," said Harry Wall, director of the ADL in Israel. "But [Israelis] tend

to internalize their anger. These hostilities surface in daily life, in society, in the way people relate to each other," he said, "and sometimes, they blow up."

The peace process, Rabin's assassination, the mass immigrations from the former Soviet Union and Ethiopia, and especially the Baruch Goldstein massacre, all gave impetus to bringing A World of Difference (AWOD) to Israel.

AWOD began in Boston, Massachusetts, 10 years ago in response to a local segregation issue. The ADL, whose mandate is "to stop antisemitism and the defamation of the Jewish people and others," saw that the roots of the problems were much more

prevalent than the local incident.

Working with educators around the country, the ADL began to develop AWOD: a comprehensive educational program to confront racial, ethnic, and religious prejudices. Originally created for educators around the country, AWOD uses video and printed material, awareness training and classroom discussion guides to train the educators who will in turn teach the students.

To date, AWOD has trained more than 100,000 elementary and secondary school teachers, affecting more than 10 million public, private and parochial school students in the US.

AWOD programs were expanded

beyond the public-school system to include institutions in the media, universities, communities, and the workplace. Companies that have participated in AWOD include AT&T, the Internal Revenue Service and the International Television Association.

"Our goal is to give people the skills to overcome their biases, to take responsibility for their behavior," said AWOD international consultant Pearl Mattenson, who came to Israel to give a preliminary seminar to Israeli educators. The optimal seminar program, she explained, is over four to six days, either consecutively or dispersed

throughout the year.

The one-day introductory program, like the one being given to Israeli elementary-school superintendents, is intended to arouse interest in signing up for the course. "At the end of a one-day seminar, participants can acknowledge that they have biases," she said. "But more importantly, that their biases affect their behavior. Once you get to that stage, it's still a long process."

The ADL was invited by the Ministry of Education and the Ministry of Absorption to bring AWOD to Israel. One of the first things the ADL did was to produce a five-minute TV segment called "Tolerance," as part of the chil-

dren's cable show *The Flying Classroom*, which is screened on Channel 6.

The segment features popular Israeli actors and actresses such as Yael Abecassis in parables about biases. The ADL also worked with the Education Ministry to produce a series of trigger films called *Anti to Kuzeh* ("I'm not like that") which addresses issues such as religious bias, discrimination against Ethiopians and Russians, and homosexuality.

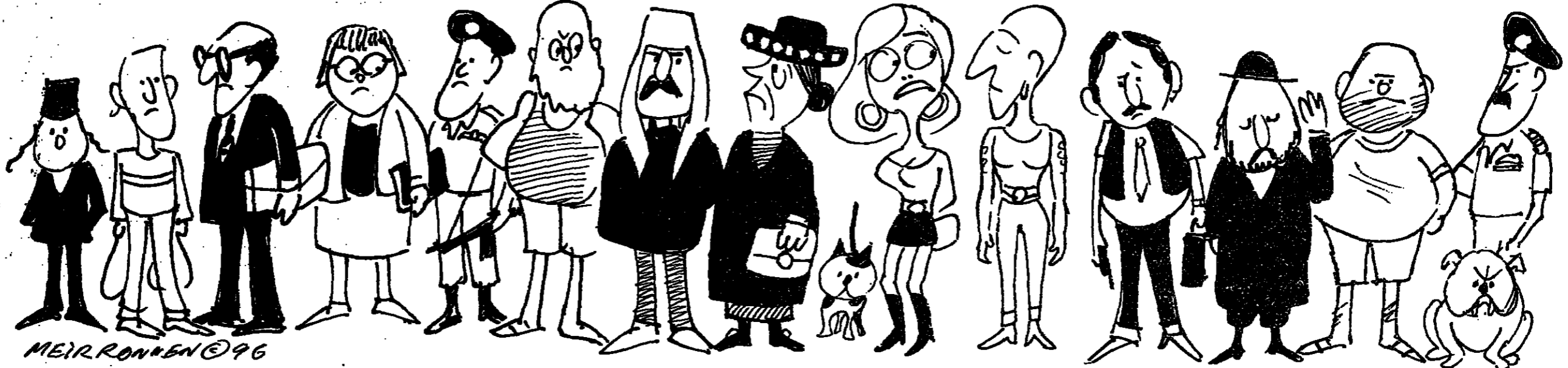
While the ADL has taken the program to educators in Germany and Russia, this is the first time that the program is going to be applied to another culture on a national basis.

The ADL has already engaged some educational, private and public institutions in Israel to begin AWOD seminars.

The IDF is participating in the program, as is the teacher's training program at Bar-Ilan University, where Yigal Amir was a student. The Bar-Ilan teachers' training program is the largest in the country.

By giving AWOD seminars to teachers before they go out into the field, the ADL hopes to inculcate AWOD principles into local educational systems. "Teachers cannot change their students unless they have confronted the issues themselves," Mattenson said. "Because everyone is prejudiced."

AMY KLEIN



A daughter who thinks of herself alone



Dear Ruthie, My daughter is a very inconsiderate person. Though talented and intelligent (she is an honors law student), she is also self-centered. She never inconveniences herself in the slightest, neither with small things such as helping with the dishes nor for more important events, such as attending a family function when she'd rather be somewhere else. I wonder where we went wrong with her, and if it is too late to do something about it.

Dear Ruthie, As pensioners, my husband and I receive a modest sum on which to live every month. Though we no longer owe money on our home, we have five grandchildren whom we enjoy pampering. I have begun exploring ways to enrich my life. I began taking a fitness class, for example, and enrolled in a computer course. The problem is that my husband begrudges me these expenses. He claims we cannot afford them, though I believe he is more upset by my absences from the home.

Dear Ruthie, My children aged four and six never allow me to throw away any of their artwork. The daily addition of paintings and drawings to the already enormous pile is driving me mad. My kitchen walls are covered with their pictures, as is the refrigerator. How can I persuade them to discard at least some of these masterpieces, without hurting their feelings?

Dear Museum Mum, Children enjoy the process of "creating" more than they do the actual "creations." They also enjoy exercising power over their parents. Your fear of hurting their feelings gives them the power to insist upon hoarding every "masterpiece."

Drink to your health - by tipping urine



RETIRED Indian admiral L. Ramdas drinks his neat. Dr Ryoichi Nakao of Japan likes to gargle with his each morning. "I splash some on my face," said Coen van der Kroon of the Netherlands. "It's a great after-shave."

They are among millions who say urine has benefits beyond the toilet bowl.

The devotees are more than a fringe group of faith healers fed up with conventional medicine. Their ranks are growing, they are organizing and they claim pharmaceutical makers better listen up because it is big money.

"Urine has tremendous political and economic implications," said Carmen Thomas, a West German radio journalist who has written three books on urine therapy. One of them entitled *A Very Special Juice* has sold 750,000 copies.

fluid is to a large part made up of urine.

In a 1747 book German author Johann Heinrich Zedler wrote: "One can best heal injuries to eyes with honey dissolved in the lightly boiled urine from a young man."

In the 18th century, French and German doctors used it to treat jaundice, rheumatic disorders, gout, sciatica and asthma. Cannoners used to keep a bucket of urine nearby. If a hand was burned during firing, a quick dip soothed the pain.

In the 1940s, German doctors gave urine enemas to children exposed to measles or smallpox. Today, according to Van der Kroon, Eskimo women use urine as a shampoo.

Five million Germans indulge in urine therapy, many of them taking injections, according to Dr Johann Ahele. "It has spread over Germany like a huge wave," he said.

Recently, companies have begun waking up to urine. Enzymes of America Holding Corporation has developed a filter that collects proteins found in male urine in 10,000 portable toilets owned by a subsidiary, PortaJohn.

Confessions of a master serial-killer hunter

FBI agent John Douglas spent 25 years tracking down some of the world's most notorious serial killers by probing the deepest recesses of their twisted minds.

The result: Peering into the heart of darkness for a quarter of a century cost him his marriage, made him a firm believer in the death penalty and convinced him that true repenters are rare.

By chance, he was recently in Britain to publicize his memoirs about tracking down mass murderers in the same week that gun enthusiast Thomas Hamilton killed 16 young children and their teacher in a Scottish school.

"That really was ironic, truly extraordinary," said Douglas, whose round of publicity interviews for his book *Mindhunter* were given a grisly topicality.

The killings that rocked Britain and shocked the world hammered home the point to Douglas - evil knows no boundaries.

Reflecting on what he saw in his years with the US Federal Bureau of Investigation (FBI), he had a stark warning for law officers everywhere who face the horror of a serial killer loose in their communities.

Unfortunately ours is very much a growth industry and we'll never run out of customers," said Douglas, who pioneered criminal personality profiling in the FBI's elite Serial Crime Unit.

That meant looking into the minds of some of the most dangerous criminals on earth to see what made them tick: "Put yourself in the position of the hunter. That is what I have to do."

Douglas tracked down killers, not with guns blazing and sirens wailing, but with his mind.

He interviewed 150 of America's most notorious criminals from Los Angeles cult leader Charles Manson to the New York "Son of Sam" killer David Berkowitz.

Called in by police forces throughout the country to help catch serial killers, he used psychology, experience and the crime-scene evidence to build up a profile.

He studied their habits and motives and tried to predict their next move. The stakes were always terrifyingly high. If he took a wrong turn, another innocent victim could die.

Oscar-winning film, said of Douglas: "He knows more about serial killers than anyone in the world. I wanted to cast him as agent Crawford."

After years of studying evil at close quarters, Douglas concluded that serial killers came from broken homes with absent fathers and domineering mothers. They were not killers by nature.

As children, they often wet their beds, started fires and were cruel to animals. Loners with low self-esteem, they are above average intelligence but like to visit the graves of their victims. Lie detectors rarely work with them.

Often they take macabre souvenirs. One shoe fetishist cut off his victim's left foot and kept it encased in a high-heeled shoe in his freezer.

Douglas issues a chilling warning about the serial killer: "He learns from experience, he is good at what he does and he will get better until he is caught."

Douglas remains profoundly doubtful about the chances of a serial killer being truly repentant and capable of reform.

In his book, he says: "I've become very pessimistic about anything remotely akin to rehabilitation for most sexually motivated killers."

He says psychiatrists are too ready to listen to persuasive killers and never examine the stark evidence of their victims' suffering.

He delivers a poignant epitaph to his own marriage that ended after his years confronting human depravity: "When you have seen what I've seen, giving your children the space and freedom they need to live is a constant emotional struggle."

"I spent so much time over the years learning about the victimology of dead children that I short-changed and didn't learn enough about my own brilliantly alive ones." (Reuters)

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Jerusalem Post

Weaker shekel lifts stocks

TEL AVIV STOCK MARKET

ROBERT DANIEL



SHARES jumped for a second day, led by export companies, which could benefit from the shekel's recent devaluation...

Yesterday's share rise comes 'probably on the back of the stronger dollar in foreign exchange'...

The shekel was as weak as 3.10 to the US dollar before strengthening back to 3.176, he said...

A weaker currency helps exporters because their products become cheaper for overseas buyers...

Key exports whose shares advanced include Koor, up 1.75 percent; Teva, up 2.5%, and a pair of chemical companies...

The most active share was IDB Holdings, up 2.75% on NIS 5.7m. of shares traded.

IDB is one of the chief holders of Scitex Corp., which is facing a hostile takeover proposal from a California investor...

Scitex shares don't trade in Tel Aviv. 'Everybody is talking about economic steps after the election'...

Euro bourses fall on interest rates worries

WORLD MARKET ROUNDUP

LONDON (Reuters) - Key European bourses - after opening at record levels - ended sharply down yesterday as investors lost their nerve because of uncertainty over interest rates.

The dollar drifted down slightly against the mark, despite speculation about a Bundesbank rate cut ahead of a Bundesbank central bank council meeting today.

London, Europe's biggest bourse, had a bad day. After closing at a record level on Tuesday for the second day running and opening at a new trading peak yesterday, shares plunged to close over 0.5 percent down.

The market's earlier bullish mood, fostered by merger talk, changed when improved figures on Britain's employment and average earnings dampened prospects for interest rate cuts.

London's FTSE opened at a new intraday peak of 3,837.5, propelled by a surge in electricity shares after National Power confirmed it was considering a merger with an American electricity company.

But sentiment turned gloomy as the stronger employment figures suggested the economy did not need the stimulus of lower interest rates. Investors took fright and sold, pushing the index down by 20.4 points to 3804.9.

'The market just turned off after the jobs figures,' said one trader. 'As soon as people start to believe rates won't be cut any more, things can look a bit scary especially after the highs we've been seeing.'

The uneasy mood worsened when Wall Street fell by 0.62% shortly after opening but optimists said the London market was still supported by the renewed bid speculation and the weight of institutional cash that has squeezed prices higher recently.

Concern over IBM pulls down Dow

WALL STREET REPORT

NEW YORK (Reuters) - Blue-chip stocks plunged yesterday as concern about the future earnings of powerhouse International Business Machines Corp. snapped the market's three straight sessions of big gains.

Based on early and unofficial data, the Dow Jones industrial average ended 70.09 points lower at 5,549.93 after edging back from a loss of more than 90 points.

In the broader market, declining issues led advances 13-9 on active volume of 456 million shares on the New York Stock Exchange.

TEL AVIV STOCKS

Table with columns for Multi-sided trading, Two-sided trading, and AFTERNOON MORNING. Lists various stocks with their prices and changes.

ISRAEL DISCOUNT BANK SOURCE: [Logo]

INTERNATIONAL STOCK PRICES

Table with columns for NEW YORK, LONDON, PARIS, and FRANKFURT. Lists international stock prices and changes.

Key Representative Rates

Table showing US dollar (NIS 3.1780 +0.03%), Starting (NIS 4.7866 -0.09%), and Mark (NIS 2.1070 +0.12%) rates.

MARKET INDEXES

New York market indexes

Table of New York market indexes including DJ Industrial, DJ Transport, NYSE Total, etc.

Other stock market indexes

Table of other stock market indexes including FTSE 100, Nikkei average, etc.

Israeli stocks in NY

Table of Israeli stocks in NY including ASX, AXP, and various other companies.

INFLATION MARKETS

Dollar crosses rates (US)

Table of dollar crosses rates for various currencies like Pound, Deutsche, Swiss, etc.

Labor rates

Table of labor rates for different durations like 3 months, 6 months, etc.

Foreign financial data courtesy of CommStock Trading Ltd.

Table of foreign financial data including Futures, Options, Stocks, Bonds, and Mutual Funds.

INFLATION MARKETS AND METALS

NY commodities

Table of NY commodities including Cocoa, Coffee, Wheat, etc.

Spot market metals (US)

Table of spot market metals including Gold, Silver, Platinum, etc.

New York metal futures

Table of New York metal futures including Gold, Silver, etc.

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CRITIC'S CHOICE

ENGLISH THEATER

HELEN KAYE

GUYS and DOLLS will prance on stage with scenes and songs from the Broadway musical that immortalizes Damon Runyon's colorful characters...

THEATER

HELEN KAYE

TIKKUN Hatzot (Midnight Prayer) - by Amnon Levi and Rami Danon, the pair who created the long-running Sheindale - takes a look at the haredi world...

CLASSICAL MUSIC

MICHAEL AJZENSTADT

MEZZO-soprano Susanna Poretsky is in demand at some of the world's leading opera houses, including the Met in New York...



Susanna Poretsky takes time off from her international singing career to give a recital in Jerusalem.

baritone Monte Jaffe, folk singer Anni Liebligh-Kobrin, pianist Ronit Segev, guitarist Roni Ben-Ezra and an Arab string quintet to determine perform various styles of music for the sake of peace in the region.

TELEVISION

MICHAEL AJZENSTADT

THE Great Concert is the story of one of the oldest symphony orchestras in the world, the Gewandhaus from Leipzig...

The intriguing story of the Gewandhaus is not just a musical tale. It is the story of Germany, a story in which society, politics and the arts mingle...

TELEVISION

- CHANNEL 1: 6:30 News in Arabic 6:45 Exercise Hour 7:00 Good Morning Israel... CHANNEL 2: 13:00 Barok's Concerto for Two Flutes...

WHERE TO GO

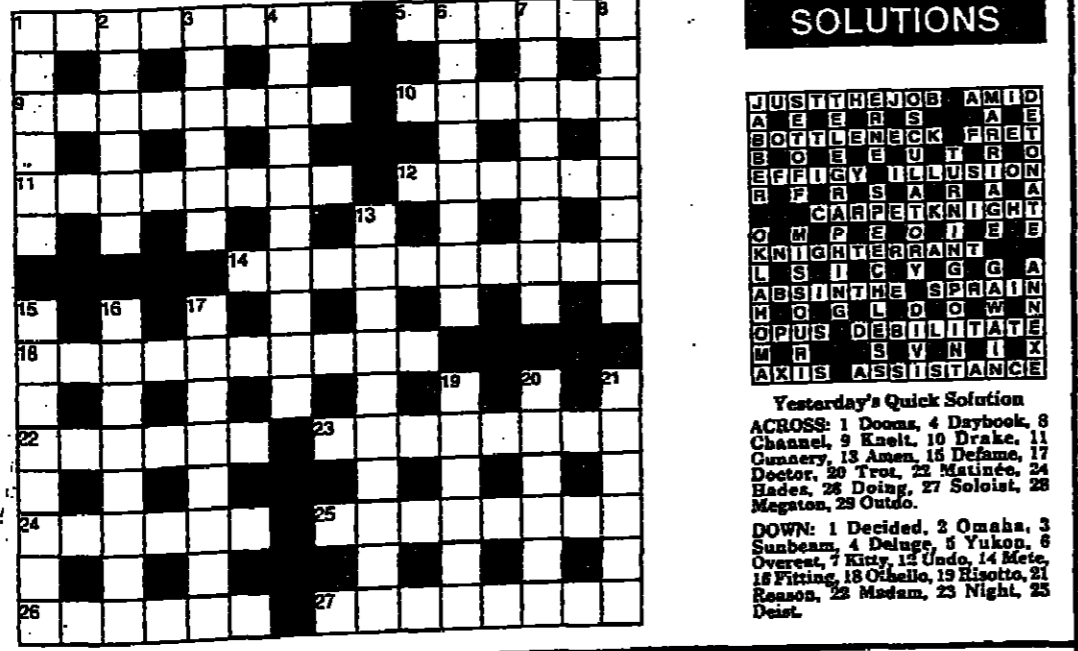
- JERUSALEM: JERUSALEM UNIVERSITY, Tours of the Old City... TEL AVIV: TEL AVIV MUSEUM, Micha Ullman, 1991-5 New Horizons...

GENERAL ASSISTANCE

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CRYPTIC CROSSWORD

ACROSS: 1 A truly heavenly picture (8)... DOWN: 1 An engineer getting papers mixed up (6)...



SOLUTIONS: 1 Down (5), 2 Poetry (5), 3 Turner (7), 4 Pains (5), 5 Creep (5), 6 Hug (7), 7 Once more (5), 8 Taut (5), 9 Insurgent (5), 10 Extent (4), 11 Green (4), 12 Floor-show (7), 13 Fitting (7), 14 Orb (5), 15 Watching (5), 16 Viper (5), 17 Wash (5), 18 Hesitate (5), 19 Manifest (5), 20 Pains (5), 21 Struggle (7), 12 Strill (5), 13 Awkward (5), 14 Save (7), 15 Above (4), 17 Yellow pigment (5), 19 Consumed (5), 22 Harvest (4), 23 Freedom (7), 27 Speedy (5), 29 Aristocrat (5), 30 Sea-god (7), 31 Guide (5), 32 Invited (5)

QUICK CROSSWORD

ACROSS: 1 Manifest (5), 2 Poetry (5), 3 Turner (7), 4 Pains (5), 5 Creep (5), 6 Hug (7), 7 Once more (5), 8 Taut (5), 9 Insurgent (5), 10 Extent (4), 11 Green (4), 12 Floor-show (7), 13 Fitting (7), 14 Orb (5), 15 Watching (5), 16 Viper (5), 17 Wash (5), 18 Hesitate (5)

CINEMA

- Apollonia 7, 9:15 * Toy Story (Hebrew dialogue) 5 * Toy Story (English dialogue) 5, 7:15, 9:45, 12:15... THE GREAT MINDS OF MEN: 13:00, 15:15, 17:30... THE GREAT MINDS OF MEN: 13:00, 15:15, 17:30...

MOVIE CHANNEL

- 10:30 A Cop for the Killing (1990) (rpt) 12:05 Pather Panchali (1955, Hindi) - Childhood experiences of a sensitive and curious Indian child (119 mins.)... 14:05 Crazy Advertisements 14:35 Mesquite (1992) (rpt) 16:10 Backfield in Motion (1991)(rpt) 17:45 Go For It

TELEVISION

- MIDDLE EAST TV: 14:00 The 700 Club 14:55 Fake-Out (1982) - crime drama about a Las Vegas showgirl who is pressured by the police to rat on her gangster boyfriend... CHANNEL 1: 16:59 A New Evening 17:34 The Diary of Anne Frank 18:15 News in English...

RADIO

- 6:00 Morning Concert 9:05 Grieg: Lyric Pieces first book (Karin, piano); Schubert: Trio no 2 in E flat for strings op 100; Tchaikovsky: Symphony no 1; Rachmaninov: All-night Vigil 12:00 Noddy with Gideon Hod - familiar character and quiz 14:05 Encore 15:00 Voice of Music magazine 16:00 Biber: Sonata for violin and basso continuo (Romanescu); Bach: Cantata no 106; Boccherini: Sextet for strings no 1 in E flat (415 Ensemble); Schubert: Sonata in B flat for piano, Schubert: 3 Songs; Poulenc: Litanies à la vierge noire; Janacek: String quartet no 2 "Intimate Letters" 18:00 New CDs - Handel: Suite from The Faithful Shepherd; A. Kruger: 6 Songs; Zelenka: Sonata for 2 oboes, bassoon and basso continuo; Mozart: Quartet in D minor K421; Saint-Saens: Suite from Henry VIII 20:05 From the Recording Studio - works by Abel Ehrlich: Snow in Jerusalem; String quartet no 6; Music for violin, cello, piano and magnetic tape; Small Suite for guitar 23:00 From the Record Shelf

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